

WHAT IS CLAIMED IS:

1. A finger grip aid comprising:

a tapered sleeve of a elastomeric material having a first opening at the end thereof and an intermediate opening, where said sleeve is so dimensioned as to fit over a user's finger with said first opening at the base of said user's finger and with said intermediate opening centered over a second knuckle of said user's finger,

such that, when said sleeve is placed on said user's finger, at least a portion of said sleeve including said first opening compresses said user's finger, and said second knuckle of said user's finger is exposed through said intermediate opening.

2. The finger grip of claim 1, wherein said sleeve has a second opening positioned at the smaller end.

3. The finger grip of claim 1, wherein said second end is closed and where said sleeve is approximately the length of said finger.

4. The finger grip of claim 1, wherein said edge is tapered to fit within the crease between said finger and said palm.

5. The finger grip of claim 1, wherein said sleeve includes one or more integral tightening elements across said side opening.

6. The finger grip of claim 1, wherein said sleeve has an outer surface that is textured.

7. A finger grip aid comprising:

a tapered sleeve of a elastomeric material having a first opening at the end thereof and an intermediate opening, where said sleeve has the approximate shape of a finger from the base of said finger, at said first opening, to at least a region about the second knuckle of said finger, at said intermediate opening,

where said sleeve is so dimensioned as to compressively fit over a user's finger from the base of said user's finger to at least the second knuckle of said user's finger, and to expose the second knuckle of said user's finger through said intermediate opening.

8. The finger grip of claim 7, wherein said sleeve has a second opening positioned at the smaller end,

wherein that said second opening is so dimensioned as to fit between the second knuckle and the first knuckle of said user's finger.

9. The finger grip of claim 7, wherein said second end is closed, wherein said sleeve has the approximate shape of said finger from the base of said finger, at said first opening, to the tip of said finger, at the second end,
wherein said sleeve is so dimensioned as to compressively fits over the length of said user's finger.
10. The finger grip of claim 8, wherein said edge is tapered, where the taper approximates the shape of the crease between said finger and the base of said finger.
11. The finger grip of claim 8, wherein said sleeve includes one or more integral tightening elements across said side opening.
12. The finger grip of claim 8, wherein said sleeve has an outer surface that is textured.